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ABSTRACT

Based on the assumption that parents are increasingly aware of the high level of knowledge and skills needed to rear well-adjusted children, this parenting curriculum uses a developmental approach to help parents understand and relate appropriately to child behavior at different ages and at each stage. Part 1, "Before You Start," and the "Leader's Notes" in each session explain strategies and dynamics specific to parenting group leadership. Part 2, "The Sessions," presents 12 parenting workshops: (1) "Play: The Child's Work"; (2) "Discipline"; (3) "Ages and Stages"; (4) "Set Yourself Up for Success: Changing Chaos to Calm"; (5) "Communication: Words and Actions"; (6) "Helping Children Learn Right from Wrong"; (7) "Building a Solid Self-Image"; (8) "Answering Tough Questions"; (9) "Protecting Your Children from Abuse"; (10) "Protecting Yourself from Abuse"; (11) "Building Brains and Bodies"; and (12) "Sibling Rivalry." Each session follows a similar format, with information on materials needed, lecture/discussion notes, group exercises such as role-playing, a problem-solving exercise, summary, and evaluation. Parent Power Pages are included as handouts which offer a quick review of material covered in class or supplemental information and recommended readings. (KDFB)

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